Morning inspection Decided Dec	GMT	CREW	ACTIVITY
Dec 10-06:25 CDR	06:00-06:20	FE -1	Acoustic dosimeter set up
Urine biochemistry	06:00-06:10	CDD	Morning inspection
106:25-06:40 FE -1 106:25-06:40 CDR 106:40-07:20 FE -1 106:40-06:50 106:40-07:05 CDR 106:40-07:05 CDR 106:50-07:05 CDR 107:20-08:10 FE -1 107:55-08:15 CDR 107:20-08:15 FE -1 108:15-08:30 DPC (S-band) 108:35-09:35 CDR 108:35-09:35 CDR 109:35-10:05 Prep for work 109:05-09:35 FE -1 109:35-10:05 Prep for work 10:05-11:05 Physical Exercise (RED) 11:05-11:10 Separator ops check up and air bubble removal 12:20-13:20 FE -1 13:10-13:15 CDR Post-sleep Post-sleep BREAKFAST Prost-sleep BREAKFAST DPC (S-band) RENAL: Nutrition log 10PC (S-band)	06:10-06:25	CDR	Urine biochemistry
Post-sleep	06:25-06:40	FE -1	
106:40-07:20 FE -1 106:40-06:50 106:50-07:05 106:50-07:05 107:05-07:55 107:02-08:10 FE -1 107:55-08:15 CDR Prep for work 108:10-08:15 FE -1 108:10-08:15 FE -1 108:10-08:30 DPC (S-band) 108:30-08:35 RENAL: Nutrition log 108:35-09:35 CDR Prep for work 109:05-09:35 FE -1 109:35-11:05 Physical Exercise (RED) 101:05-11:05 FE -1 101:05-11:10 Separator ops check up and air bubble removal 102:20-12:20 FE -1 103:10-13:15 CDR URINGWARD 103:10-13:15 CDR Separator ops check up and air bubble removal 103:10-13:15 CDR Separator ops check up and air bubble removal	06:25-06:40	CDR	Deet clean
Post-sleep	06:40-07:20	FE -1	Post-sieep
07:05-07:55 BREAKFAST 07:20-08:10 FE -1 07:25-08:15 CDR 08:10-08:15 FE -1 Payload status check (Increment 9) 08:15-08:30 DPC (S-band) 08:30-08:35 RENAL: Nutrition log 08:35-09:05 EHIT replacement in DC1 09:05-09:35 FE -1 Audiography using EARQ software Physical Exercise (RED) Hardware Setup for Progress-249 Water Tank 2 Water Transfer Into SM Water Tank 10:05-11:05 FE -1 Physical Exercise (TVIS) - 4 Physical Exercise (CEVIS) Separator ops check up and air bubble removal 11:10-11:40 CDR Physical Exercise (RED) Audiography using EARQ software 12:00-12:20 FE -1 CEVIS monthly maintenance 12:05-12:10 CDR Separator ops check up and air bubble removal LUNCH 13:10-13:15 CDR Separator ops check up and air bubble removal	06:40-06:50		URILUX hardware stowage
BREAKFAST	06:50-07:05	CDR	Post-sleep
07:20-08:10 FE -1 07:55-08:15 CDR Prep for work 08:10-08:15 FE -1 Payload status check (Increment 9) 08:15-08:30 DPC (S-band) 08:30-08:35 RENAL: Nutrition log 08:35-09:35 CDR SHIT replacement in DC1 08:35-09:05 Prep for work 09:05-09:35 FE -1 Audiography using EARQ software 09:35-11:05 Physical Exercise (RED) 10:05-11:05 Physical Exercise (TVIS) - 4 Physical Exercise (CEVIS) Physical Exercise (CEVIS) 11:05-12:00 FE -1 Physical Exercise (RED) 11:10-11:40 CDR Physical Exercise (RED) 11:40-12:05 Audiography using EARQ software 12:00-12:20 FE -1 CEVIS monthly maintenance 12:05-12:10 CDR Separator ops check up and air bubble removal 12:10-13:10 LUNCH 13:10-13:15 CDR Separator ops check up and air bubble removal	07:05-07:55		BREAKFAST
08:10-08:15 FE -1 Payload status check (Increment 9) 08:15-08:30 DPC (S-band) 08:30-08:35 RENAL: Nutrition log 08:35-09:35 CDR BHΠ replacement in DC1 08:35-09:05 Prep for work 09:05-09:35 FE -1 Audiography using EARQ software 09:35-11:05 Physical Exercise (RED) 10:05-11:05 Physical Exercise (TVIS) - 4 11:05-12:00 FE -1 Physical Exercise (CEVIS) 11:05-11:10 Separator ops check up and air bubble removal 11:10-11:40 CDR Physical Exercise (RED) 11:40-12:05 FE -1 CEVIS monthly maintenance 12:05-12:10 CDR Separator ops check up and air bubble removal 12:10-13:10 LUNCH 13:10-13:15 CDR Separator ops check up and air bubble removal	07:20-08:10	FE -1	
DPC (S-band) RENAL: Nutrition log	07:55-08:15	CDR	Prep for work
RENAL: Nutrition log	08:10-08:15	FE -1	Payload status check (Increment 9)
08:35-09:35 CDR БНП replacement in DC1 08:35-09:05 Prep for work 09:05-09:35 FE -1 Audiography using EARQ software 09:35-11:05 Physical Exercise (RED) 10:05-11:05 Hardware Setup for Progress-249 Water Tank 2 Water Transfer Into SM Water Tank 10:05-11:05 Physical Exercise (TVIS) - 4 11:05-12:00 FE -1 Physical Exercise (CEVIS) 11:05-11:10 Separator ops check up and air bubble removal 11:10-11:40 CDR Physical Exercise (RED) Audiography using EARQ software 12:00-12:20 FE -1 CEVIS monthly maintenance 12:05-12:10 CDR Separator ops check up and air bubble removal LUNCH LUNCH 13:10-13:15 CDR Separator ops check up and air bubble removal	08:15-08:30		DPC (S-band)
Prep for work	08:30-08:35		RENAL: Nutrition log
Audiography using EARQ software Physical Exercise (RED) Physical Exercise (RED) CDR Hardware Setup for Progress-249 Water Tank 2 Water Transfer Into SM Water Tank Physical Exercise (TVIS) - 4 Physical Exercise (CEVIS) 11:05-12:00 FE -1 Physical Exercise (CEVIS) Separator ops check up and air bubble removal Physical Exercise (RED) Audiography using EARQ software CDR Physical Exercise (RED) Audiography using EARQ software CDR Separator ops check up and air bubble removal LUNCH LUNCH Separator ops check up and air bubble removal	08:35-09:35	CDR	БНП replacement in DC1
D9:35-11:05 Physical Exercise (RED) Hardware Setup for Progress-249 Water Tank 2 Water Transfer Into SM Water Tank Physical Exercise (TVIS) - 4 Physical Exercise (TVIS) - 4 Physical Exercise (CEVIS) Physical Exercise (CEVIS) Separator ops check up and air bubble removal Physical Exercise (RED) Audiography using EARQ software CEVIS monthly maintenance Separator ops check up and air bubble removal 12:05-12:10 CDR Separator ops check up and air bubble removal LUNCH LUNCH Separator ops check up and air bubble removal	08:35-09:05		Prep for work
Hardware Setup for Progress-249 Water Tank 2 Water Transfer Into SM Water Tank Document	09:05-09:35	FE -1	Audiography using EARQ software
CDR	09:35-11:05		Physical Exercise (RED)
11:05-12:00 FE -1 Physical Exercise (CEVIS) 11:05-11:10 Separator ops check up and air bubble removal 11:10-11:40 Physical Exercise (RED) 11:40-12:05 Audiography using EARQ software 12:00-12:20 FE -1 CEVIS monthly maintenance 12:05-12:10 CDR Separator ops check up and air bubble removal 12:10-13:10 LUNCH 13:10-13:15 CDR Separator ops check up and air bubble removal	09:35-10:05	CDR	, ,
Separator ops check up and air bubble removal Physical Exercise (RED) Audiography using EARQ software CEVIS monthly maintenance CDR Separator ops check up and air bubble removal CEVIS monthly maintenance Separator ops check up and air bubble removal LUNCH Separator ops check up and air bubble removal CDR Separator ops check up and air bubble removal CDR Separator ops check up and air bubble removal	10:05-11:05		Physical Exercise (TVIS) - 4
11:10-11:40 CDR Physical Exercise (RED) Audiography using EARQ software 12:00-12:20 FE -1 CEVIS monthly maintenance 12:05-12:10 CDR Separator ops check up and air bubble removal 12:10-13:10 12:20-13:20 FE -1 CDR Separator ops check up and air bubble removal	11:05-12:00	FE -1	Physical Exercise (CEVIS)
Audiography using EARQ software 12:00-12:20 FE -1 CEVIS monthly maintenance 12:05-12:10 CDR 12:10-13:10 12:20-13:20 FE -1 CDR Separator ops check up and air bubble removal LUNCH 13:10-13:15 CDR Separator ops check up and air bubble removal	11:05-11:10		Separator ops check up and air bubble removal
12:00-12:20 FE -1 CEVIS monthly maintenance 12:05-12:10 CDR 12:10-13:10 LUNCH 13:10-13:15 CDR Separator ops check up and air bubble removal CDR Separator ops check up and air bubble removal	11:10-11:40	CDR	Physical Exercise (RED)
12:05-12:10 CDR Separator ops check up and air bubble removal LUNCH 12:20-13:20 FE -1 Separator ops check up and air bubble removal CDR Separator ops check up and air bubble removal	11:40-12:05		Audiography using EARQ software
12:10-13:10 LUNCH LUNCH 13:10-13:15 CDR Separator ops check up and air bubble removal	12:00-12:20	FE -1	CEVIS monthly maintenance
12:20-13:20 FE -1 13:10-13:15 CDR Separator ops check up and air bubble removal	12:05-12:10	CDR	Separator ops check up and air bubble removal
12:20-13:20 FE -1 13:10-13:15 CDR Separator ops check up and air bubble removal	12:10-13:10		LUNCH
	12:20-13:20	FE -1	LUNCH
13:20-13:25 RENAL – Nutrition Log	13:10-13:15	CDR	Separator ops check up and air bubble removal
	13:20-13:25		RENAL – Nutrition Log

13:25-13:40	FE -1	Questionnaire – Log Entry
13:25-13:45	CDR	Motorola Phone Charge – Equipment Setup
13:40-14:10	FE -1	СОЖ maintenance
14:00-14:05	CDR	Separator ops check up and air bubble removal
14:10-15:10	FE -1	Advanced Ultrasound – Equipment Setup
14:15-14:20		Motorola Phone Charge – Equipment Setup
14:20-14:25	CDR	Separator ops check up and air bubble removal
14:25-14:40		Questionnaire – Log Entry
14:40-14:45		Separator ops check up and air bubble removal
14:50-15:00		Motorola Phone Charging – Equipment Teardown
15:00-15:10		Water Transfer from Progress Water Tanks into SM Rodnik Tanks – Switch Over to Tank 1
15:10-15:30	FE -1, CDR assist CDR, FE -1 assist	Advanced Ultracound Coopping
15:30-15:50		Advanced Ultrasound – Scanning
15:50-15:55	CDR	Water Transfer from Progress-249 Water Tanks into SM Water Tanks
15:50-16:20	FE -1	Advanced Ultrasound – equipment deactivation
15:55-16:55	CDR	Physical exercises (VELO+Force Loader 1), day 4
16:30-16:50	FE -1	IMS file prep
16:50-17:15		Daily plan review
16:55-17:00	CDR	Separator ops check up and air bubble removal
17:00-17:15		Daily plan review
17:15-17:30		DPC (S-band)
17:30-17:50	CDR	Report prep
17:30-17:55	FE -1	
17:50-17:55	CDR	Separator ops check up and air bubble removal
17:55-18:00		RENAL – Nutrition Log
18:00-18:10	CDR FE -1	DINNER
18:00-18:30		DIMIALIX

18:10-18:15		Separator ops check up and air bubble removal
18:15-18:30	CDR	DINNER
18:30-18:35		Separator ops check up and air bubble removal
18:30-19:00	FE -1	Daily Food Prep
18:35-18:55		Daily 1 ood 1 rep
18:55-19:00	CDR	Separator ops check up and air bubble removal
19:00-19:15	OBIC	Hardware Teardown for Progress-249 Water Tank Water Transfer Into SM Water Tanks
19:00-19:40	FE -1	Pre-Sleep
19:15-20:00	CDR	
19:40-19:50	FE -1	Advanced Ultrasound – Closeout Operations
19:50-20:00		Acoustic Dosimeter Data Recording
20:00-04:30		SLEEP
Task List	CDR	Log-file prep and downlink

Note: See OSTP for references to US activities
End of radiogram